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2-1925

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### Recommended Citation

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## THREE MEALS A DAY

by

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Three meals a day, to the homemaker means to plan, prepare and wash the dishes for over a thousand meals during the year. A woman asked not so long ago, "Since meal planning and preparation occupies such a conspicuous part of the homemaker's time, on the average one third, cannot meals be planned on a wholesale scale being they are counted by wholesale figures"? The best system for meal planning like for anything else, is the simplest and the easiest way to do it.

More and more we are beginning to realize the truth of the old adage, "Tell me what you eat and I will tell you what you are". In present day terms that old proverb says, "The record one makes is largely determined by the condition of ones mind and body which can largely be controlled by correct food and exercise." Every mother should know how to feed her family correctly. This includes knowing how to feed herself too at all times including the period of pregnancy. Also how to feed her husband and adapt his food to the kind of work he does - a laboring man should be fed differently from a sedentary man who gets little physical exercise. Children must be fed differently at different ages. From birth until adolescence a child's food should gradually change in accordance with growth and age. The planning, preparation and serving of meals take on a new interest and meaning when she appreciates the fact that food makes the body well or poorly, according to the way she provides the food to meet the body requirements.

Even though the homemaker has the knowledge and skill to work out in detail the needs of each member of the family from day to day chances are that she would not have time to do so, yet the conscientious mother wants the satisfaction of knowing that her family is fed on at least as good a scientific basis as the stock and poultry. She most certainly is interested in any sound plan that will give her a good basis or foundation for her meal planning.

Before we go into the details of this simple plan for meal planning let us briefly review the three food needs of the body which will also answer the question, why food makes the body.

## THE THREE FOOD NEEDS

### I. To supply materials to build and maintain body structures:

#### 1. Proteins for flesh and blood.

(Cheese, eggs, milk, meat, poultry, fish, dried peas and beans, whole and refined cereals, nuts)

#### 2. Lime (calcium) for bones and teeth

(Milk, cheese, leaves)

#### 3. Phosphorous for bones, teeth, muscles and nerves

(whole cereals, milk, cheese, meat, fish, poultry, eggs, dried peas and beans, nuts)

#### 4. Iron for the blood.

(Leaves, whole cereals, eggs, meat, poultry, dried fruits, dried peas and beans)

(There are a number of other elements needed but as they are found in the same foods as the above we need not concern ourselves with them)

### II. To supply materials for body heat and energy needed to carry on body processes and for work and play.

#### 1. Starch and sugar (carbohydrates) (cereals, potatoes, dried peas and beans, sweets, dried fruits)

#### 2. Fat (whole milk, cheese, butter, cream, other fats and oils, nuts)

#### 3. Protein.

Starch is the cheapest and best all-around fuel food but fat and sweets should be included.

Too little fat may cause a stunting of growth. This because of growth promoting substance, vitamin found in certain fats such as cream, whole milk, butter, fat in egg yolk.

Too little fat in the day's food causes the feeling of emptiness because food will pass rapidly from the stomach without it.

Too much fat may cause the food to remain too long in the stomach and may give rise to digestive disturbances. The more active a person is the greater the capacity for using fat.

Protein foods can be utilized for fuel but not to such good advantage as starch, fat and sugar. Their use should be largely for growth and repair rather than fuel because too much protein may overtax the excretory organs and also protein is more expensive.



III. To supply the substances needed to regulate the body processes and affect its vigor and growth.

1. Vitamins

Vitamin A promotes growth, protects against a certain eye disease, and seems to increase resistance to infection. (Butter whole milk, cream, eggs, cod-liver oil).

Vitamin B promotes growth, protects against a nervous disease, (beri-beri) and stimulates the appetite. (Tomatoes, oranges, lemons, grape fruit, vegetables in general, dried peas and beans, whole cereals, and milk).

Vitamin C promotes growth, prevents scurvy and contributes to the proper formation of the jaw bone and the teeth. (Tomatoes, oranges, lemons, grape fruit, leaves, potatoes.

The Anti-rachitis factor affects the use of calcium by the bones and the teeth and tends to prevent or cure rickets (cod liver oil, eggs)

2. Water is a very important body regulator, so easily obtained that often it is greatly neglected. Six glasses or more is needed by the healthy adult daily.

Water aids in digestion and absorption of foods and the elimination of waste. It plays a part in circulation as a carrier for food and waste materials. One prevailing cause of constipation is too little water. Water is also an important constituent of the body.

3. Roughage or a mechanical stimulant and absorbent for water is needed by the intestines. This is supplied to the best advantage by the fibrous materials in fruits, vegetables and whole cereals.

Vegetables, fruits and milk promote good intestinal hygiene.

Milk and Leafy Vegetables by eminent authorities are termed protective foods and should be used liberally to insure an adequate diet.

FOOD HABIT SCORE CARD

To be adequately fed means taking care of those three food needs every day thru the three meals. The simplest and most satisfactory meal planning is done by the day rather than by the single meal. It is of little importance at which meal the different foods are eaten as long as an all-around diet is consumed during the day.

The first step in making improvements along any line or to experience the satisfaction of knowing that the job is being well done is to determine how near one is coming to the standard set for the particular thing one is doing. The accompanying food habit score card is a medium whereby we can determine this for ourselves and members of our family and also serve as a guide for selecting the foods which should make up the day's food supply or the three meals.



This score card is not intended to show the details of a complete diet, but to indicate what should form the bulk of the diet and the importance of the various food groups in an adequate diet.

To the foods listed of course, moderate amounts of fats, including butter, cream and other animal and vegetable fats should be added and sweets to include sugar, honey, molasses and syrups. The amount of these foods together with cereals is determined by the fuel needs of the individual or in other words the kind of work done, size, etc. Also the digestive powers should be considered. In general those who are underweight should use these foods in generous quantities while those who are overweight should make reduction from this group.

The homemaker's first concern is to know and appreciate the need of a normal diet. Then it will be comparatively easy to modify the normal diet to take care of individual cases as they may arise in her family.

#### How to Use Food Habit Score Card

1. Score your own food habits to see what standard you are setting for the family. Use only the numbers given on the score card. If you do not qualify for lowest number use a dash \_ in that column. The following interpretation can be given to the scores, anything below 60 poor; 60 to 80 fair; 80 to 90 good; 90 to 100 very good.

The scoring should not include the occasional good or bad practices but should represent the average for the year.

2. Score each member's food habits as you have your own.
3. Make a comparison of the general health of the members of the family and their food habit scores according to the outline found on back of score card.
4. After all members have been scored hold a family conference to discuss the status of the group. In case the parents find themselves falling short they will necessarily have to lead for improvement. If only the children or some of the children fall below, various ways and means have to be used to make them correct their faulty food habits.

(Keep all discussion of diet and health away from the dining room. Study food at the proper time and place, prepare it in the kitchen, serve it in the dining room and then eat it whole heartedly with joy and gladness. Meal time is no place to discipline children. Meal time is to visit, tell funny stories and have a good time)

5. Post the Food Habit Score Card in a prominent place in the kitchen so it will act at least as a reminder for better food selection.
6. Use the food habit score card in planning the meals for a week by checking the items when the three meals for the day are planned. This will firmly fix in mind the formula for good food selection for a normal diet. It is more important that the homemaker should know the formula for good feeding than the stock or poultry raiser.

The details of meal planning simply resolves itself into arranging representatives of the food-groups suggested in the Food Habit Score Card into the three meals. It matters little at what meals the various foods are served as long as they are included in the three meals. The following suggestions of grouping the foods in the three meals may be a helpful guide:

Water before breakfasts

and

Between all meals

Breakfast

Fruit - fresh, dried, canned or stewed

Milk - or cocoa for the children  
" - on cereal for whole family  
" - cocoa or coffee for adults

Cereal- for the whole family

Bread - toast or muffins

Butter- on bread used

Note: When a heavier breakfast is needed, add eggs and bacon or other meat. Potatoes may be used if needed. Such things as doughnuts, cookies, pancakes and syrup, jellies, etc. when used should be considered as desserts, not to replace fruits, milk and bread and butter.

Dinner

Soup, if desired

Potatoes, unless rice, macaroni and dried beans are used.

Another vegetable or tomatoes (in case rice, macaroni or dried beans are used do not use potatoes but two other vegetables or one other vegetable and tomatoes)

Meat, poultry, fish, egg or cheese dish

Bread, butter

Salad, may be served as dessert or in addition to meal.

Sweets in moderate amounts; for children and sedentary adults, light desserts such as plain fruit, pudding, gelatin, whips, souffles, sponge cake, etc. For active adults may be heavy desserts such as pie, short cake, plum pudding, etc.

Milk for children.

Supper or Lunch

Vegetable

Bread (whole cereal if not used before during day)

Butter

Milk for children (if not enough milk has been used through the day for adults use some as beverage)

Sweets in moderation (light desserts for children)

Egg or cheese dish may be added to make meal heartier if needed.

GOOD FOOD HABITS AND THE CHILDREN

1. Parents responsible.

How often one hears, "My children won't drink milk and as for vegetables they simply do not like them, except potatoes". A number of things may have





Correct food habits keep the child happy, healthy and contented.

but not commented upon, because children's likes are greatly influenced by the opinions of older folks.

Even tho the father does not prepare the food he is almost as much responsible for its selection as the mother. If his tastes are decided (it is unfortunate if they do not correspond with good feeding) for he may then determine ~~even~~ more than the mother the food selection of the family; because mother serves what father likes for more <sup>than</sup> one reason.

It never works to tell the children to eat as they are told while they can do otherwise because they are grown up. Teaching food habits has to be done by example as well as everything else.

The responsibility of forming good food habits must be placed on the parents, for they alone have the training of the children during their food habit forming period. It is not a problem for one parent alone but one that requires the joint effort and cooperation of both. If they are lax or indifferent or ignorant in forming good food habits the children are apt to be equally so.

2. Regularity of meals is one of the most important factors in forming good food habits.

The most pernicious habit and surest way to ruin a perfectly good appetite is to allow children to eat between meals. No one responsible for developing good food habits can afford to lose the aid of a good appetite. Keep the child hungry. It is a good sign. A healthy child with a healthy appetite may secure a well balanced diet of foods that he likes. (Some children may need more than three regular meals--if they do the additional milk, etc., should be given at regular times.

Do not let him abuse his appetite when there is something on the table he likes, by overloading on that particular food no matter how good that food may be for him, as for instance the eight year old boy who ate ten ears of corn one supper or the girl who drank a quart of milk from the nice new glass thru a straw.

occured to bring about this attitude. Milk that is off flavor may have caused a lasting dislike. The parents themselves very often determine their children's dislike to certain foods by making it evident that they do not like it. At a certain meeting six women out of an attendance of about 50 asked similar questions to, "What can one do about getting the children to eat greens when the father refers to it as silage". During early childhood parents are models to the children. They try to be as much like them as possible. They imitate their parent's food habits like they imitate everything else. Not so long ago a mother said before her seven year old boy, 'that she never drank milk when a child and never could drink a drop of it', whereupon the boy added, "Then why do I have to drink it, mother"?

Saying that one does not like a food should be looked at as a social offense.

If one cannot enjoy it, it should be left,

3. The over indulgence in sweets both between meals and at meal time.

An all day sucker or several pieces of candy, will take away the child's appetite for the following meal, with the result that he will not eat anything at meal time but must have something to eat before the next meal.

Sometimes the child is allowed to eat sweets (his dessert or jelly) the first thing when he comes to the table with the result that he will not relish the mild flavored foods he really needs.

Also he may have been watching the elaborate preparation of the cake or pastry for dinner with the promise that he can have a great big piece for his dessert if he will be a good boy. His anticipation is so developed by dinner time that very little of the first part of the meal is consumed because of the determination of having room for that good cake.

It is estimated that twice as much time is spent in the average home on the preparation of pastry, etc. than on the far more important vegetables. Periodically now, novel, tempting forms of pastries, etc. are introduced but did you ever see such effort made to arouse interest in vegetables? Does the homemaker really try to "sell them to the family"? Quite frequently they appear in an untempting mass compared to the newly iced cake holding court upon the sideboard. Because potatoes are good for Johnnie a whole plate full of mashed potatoes is literally dumped before him. A heaping dishful of carrots are placed before his plate. He is told "to eat" that before there will be any dessert. What happens? The consumption of such large portions is impossible, the sight nauseates him and together with the command makes normal effort impossible. The result is stubbornness, tears, a reprimand, and possibly no dinner.

Why not give the child a very small portion artistically arranged on the dishes. Ask him to try this new dish and tell you if he thinks you have prepared it well. Before meal time arouse his anticipation by telling him about vegetables or feature them in a story. Occasionally play a vegetable game with him, etc.

Such simple devices as giving appealing names to dishes will tempt the child to eat them, at least giving them a fair taste, e. g., goldilocks porridge sounds more inviting than cornmeal mush. A smaller child may be induced to eat the small serving of creamed carrots to see the picture of the little red hen in the bottom of the dish. The boy getting interested in athletics may be interested through what coaches say about good food habits, that milk is always to be found on the training table, etc. The girl who is beginning to be interested in her looks, is interested in the best rouge, spinach and other greens.

4. The average person appreciates food served attractively in pleasant surroundings.

If the linen, dishes, silver and food is not clean immediately the appetite is impaired. Too large servings often take away the appetite, even to the extent of nauseating one. Others are discouraged because of texture, and color. Many children can not eat cereal when prepared so that it is a semi-liquid but when firm with a few dates will relish it. The same is true with spinach, many will not eat it plain but in a spinach leaf or creamed on toast they will like it.

It should always be taken for granted that the children like the food before them. Such statements, "I don't suppose John will want any tomatoes immediately injects the idea of dislike and yet how often just such statements are heard at the table.

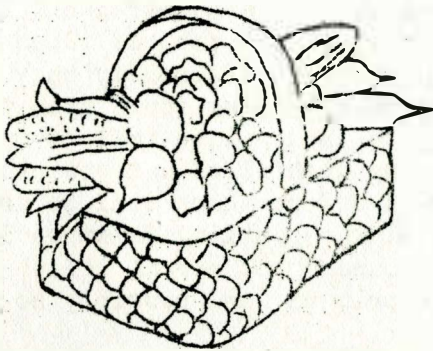


Remember that in forming good food habits there is nothing new or different than forming or retaining other habits. It is just as important to keep from breaking a good habit as it is to try to make a new one. When a child starts in on a mixed diet his habits are good or at least he has no bad ones. Keep his appetite normal, do not pervert his taste by creating an abnormal desire for highly flavored foods or sweets. It is just as important to have regular feeding times for the child as for the infant.

The most important thing in habit forming is doing it repeatedly, every time it is broken the harder it is to reestablish it.

One of the joys of life is eating. If your food does not look or taste good to you there is something wrong with you, that's all. It is a sign of health to have a good appetite and to be able to eat everything placed on the table in an all-around diet.

### VEGETABLES



As vegetables is one of the most important food groups but the use of which together with milk is the most neglected, suggestions for vegetable preparations is not out of place here.

### TOMATOES

The tomato is really a fruit. Of all the fruits produced in this part of the country tomato is the best and yet comparatively speaking few tomatoes are eaten fresh or canned.

Tomatoes have a distinct place in our diet and should not yield to other fruits or vegetables. They can only be replaced by the citrous fruits, oranges, grape fruit and lemons.

Tomatoes are an unusually valuable vegetable because of their rich mineral and vitamin content even after canning.

### General Suggestions of Ways in Which Tomatoes May be Served

1. Raw sliced with sugar, sugar and vinegar, pepper and salt, or pepper, salt and vinegar.
2. Raw sliced with French dressing, mayonnaise dressing, cooked dressing, or fancy dressings.
3. Stewed, sweetened or unsweetened, and seasoned with butter.
4. Stewed tomatoes and bread. Break up buttered dried bread or toast and pour hot tomatoes over it. Have tomatoes seasoned with salt, pepper, sugar and butter.
5. Stewed tomatoes and crackers. Add butter and cracker crumbs to sweetened and salted tomatoes just before serving.
6. Cream of tomato soup.
7. Clear tomato soup made from meat stock.

## 8. Salads

- a. Sliced tomatoes and cottage cheese on lettuce.
  - b. Peeled tomatoes hollowed out and stuffed with cottage cheese or combinations of cottage cheese, green peppers, onions, celery and cucumbers. For fancy salad make stuffed tomatoes in shape of baskets with handles, on lettuce.
  - c. Sliced tomatoes, sliced cucumbers, chopped onions on lettuce.
9. Tomatoes escalloped with cracker crumbs.
  10. Tomatoes baked with macaroni or spaghetti.
  11. Tomato and omelet sandwich. Brown a thin omelet and place in sandwich with raw tomatoes cut into pieces and seasoned.

### Jellied Tomato Salad

$\frac{1}{2}$ box gelatin	2 qt. cans tomatoes
Celery	Stuffed olives
Peas	Mayonnaise dressing

Soak gelatin in one cup cold water for ten minutes. Run two quart cans of tomatoes through a fine sieve or strainer, using all but the seeds. Heat the tomato liquid, adding gelatin, and season with salt, pepper, and sugar. Place a layer of this in a mold, allowing it to congeal partly; add a layer of chopped celery, another of jelly, next a layer of peas, one more of jelly, another of stuffed olives, and lastly the remaining jelly. Set on ice to harden. Serve with mayonnaise dressing or lettuce leaves, and garnish with concentric rings of yolks and whites of eggs chopped fine.

### Brown Bread Tomato Toast

3 tablespoonfuls butter,	$\frac{1}{4}$ teaspoonful soda
fat or oil	$\frac{1}{2}$ cupful rich milk
3 tablespoonfuls flour	Toasted brown bread
$1\frac{1}{2}$ cupfuls stewed tomatoes	$\frac{1}{8}$ teaspoonful pepper
$\frac{1}{4}$ teaspoonful salt	

Melt the fat in a saucepan, add the flour. When smooth, add the stewed tomatoes, to which the soda has been added, then stir in the milk gradually. When this thickens a little, season with salt and pepper. Pour over slices of toasted brown bread. Graham may be used if preferred.

### Stewed Tomatoes

To one quart of tomatoes add half a minced onion, two cloves, and salt, pepper, and sugar to taste. Add butter liberally just before taking up, and heat the saucers in which it is to be served. After delicately seasoning the stewed tomatoes, you may, if you wish, pour it on squares of hot buttered toast and serve as a main dish for luncheon. Or pour over the stewed tomatoes a liberal amount of hot buttered croutons the last minute just before serving. When scalloping tomatoes, always cut them in pieces, put in a dish, and season highly with minced onion, two or three cloves, salt and pepper. Mix well and use in layers with the crumbs instead of slicing directly in the baking-dish as is usually done.



### Tomato Timbales

3 cupfuls strained	1 onion
canned tomatoes	$\frac{3}{4}$ cupful soft bread crumbs
$1\frac{1}{4}$ teaspoonfuls salt	$1\frac{1}{2}$ cupfuls medium white sauce
$\frac{3}{8}$ teaspoonful pepper	$\frac{1}{2}$ cupful grated cheese
1 tablespoonful sugar	$\frac{1}{2}$ teaspoonful paprika
2 eggs	

Cook the strained tomatoes, the onion finely chopped, sugar, and one and one-fourth teaspoonfuls of salt, and one-fourth teaspoonful of pepper together for fifteen minutes. Add the bread crumbs and the eggs slightly beaten. Pour into buttered timbale molds, place in a pan in which about a cupful of water has been poured, and bake at 350°F. for about forty-five minutes or until set. Unmold and serve with cheese sauce made by adding the cheese and the rest of the seasonings to the white sauce.

### Scalloped Tomato Surprise

Cook 3 large, but delicate onions in boiling salted water until soft but not broken. Lay them in the bottom of a buttered baking dish and with a sharp knife divide in quarters, not cutting entirely through the onions. Press the quarters slightly apart and between each two sections put one tablespoonful of chopped and seasoned left-over meat of any kind. Carefully pour around three cupfuls of well seasoned canned tomatoes to which has been added one-fourth cupful of bread crumbs. Dot liberally with butter, sprinkle with fine crumbs, add more dots of butter and bake in a hot oven 500°F., one half hour.

### LEAFY VEGETABLES

Leaves and stems or greens, lettuce, cabbage, celery and onions should appear on the menu at least twice a week. They together with milk are considered the protective foods and should not be replaced by the root vegetables.

### SPINACH

#### Creamed Spinach

1 peck spinach	1 cupful milk
2 tablespoonfuls butter,	2 tablespoonfuls flour
fat or oil	few grains nutmeg
2 teaspoonfuls salt	
$\frac{1}{8}$ teaspoonful pepper	

Wash spinach until thoroughly cleaned; then put in a colander, and scald with boiling water to remove any remaining grit. Put on to cook with the salt and barely enough water to keep from burning; cook gently about twenty-five minutes, then chop fine, and mix with a sauce made with the fat, flour, milk, and remaining seasonings.

#### Beet Greens with Ring Garnish

Beet greens	Small beets
Salt	Pepper
Lemon juice	Butter or oil

Boil and chop beet greens, first removing the small beets, season highly with salt, pepper, and lemon juice, and butter or oil, and pack closely in a small, buttered melen mold, or a bowl, which should be set in boiling water to keep hot. Meanwhile boil the beets, which are cut from the greens--the beets

should be about the size of walnuts--and skin. Put in a hot bowl, and add salt, pepper, and a little butter. Tip out the greens from the mold on a hot, shallow dish, and surround with a close ring of small beets. Serve all very hot.

#### Eggs in Spinach Cases

Line the bottom and sides of buttered ramekins with hot, very finely chopped and seasoned spinach, leaving a deep indentation in each ramekin. Break an egg into each case, sprinkle with salt, pepper, and paprika, and add one teaspoonful of butter to each. Set in a pan of hot water in a 400°F. oven until the eggs are set. Remove and pour a small round of thick catsup on the center of each egg.

#### Florentine Spinach

Boil two quarts or more--some spinach cooks away more than the average--of spinach, drain well, and rub through a coarse sieve. To each cupful of spinach add one-fourth cupful of grated cheese, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, and mix thoroughly together, moistening with beaten egg (about one-half an egg will be needed). Make into small balls or croquettes, place in a buttered pan, and cook in a 500°F. oven for about ten minutes. Serve with melted butter or more grated cheese.

#### Gravy Spinach

Cook one-fourth peck of spinach until tender. Chop fine and season with one and one-half teaspoonfuls of salt and one-fourth teaspoonful of pepper. Melt two tablespoonfuls of fat, add two tablespoonfuls of flour, and stir thoroughly; then add two cupfuls of meat gravy or bouillon stock and stir until the mixture thickens. Add the chopped spinach and serve at once garnished with hard-cooked eggs. You will find dandelion greens or curly cabbage delicious served in this manner.

#### Italian Spinach

Boil spinach and chop fine. Mix with grated cheese in the proportion of four tablespoonfuls to a quart of spinach, season with salt and paprika, and moisten with one beaten egg for each quart of the spinach. Make into flat cakes the size of fish cakes. Roll into fine crumbs, then in a beaten egg mixed with two tablespoons of water, then in crumbs again, and brown quickly in deep fat or in a frying pan. Lay the cakes on a hot platter and surround with seasoned white sauce over which is riced a hard-cooked egg. If a more substantial dish is desired, lay slices of hard-cooked egg in a ring on the cream sauce, or use stuffed eggs in halves, as many as are required.

#### Luncheon Spinach

Season two cupfuls of chopped, cooked spinach, either canned or fresh, with one-half teaspoonful of salt, one-fourth teaspoonful of pepper, and one tablespoonful of butter or margarin. Hard-cook three eggs. Spread one-half of the spinach in a buttered, glass baking-dish, then add a layer of minced ham--one cupful is sufficient--next, the hard-cooked eggs chopped fine, a layer of seasoned white sauce, and last the remainder of the spinach. Sprinkle one-fourth cupful of grated cheese over the top and set in a 500°F. oven until a rich brown.

#### Spinach Masked with Eggs

Steam two quarts of spinach which has been thoroughly cleaned and washed. Drain the spinach, chop fine, and season with one-half teaspoonful of salt, one-half teaspoonful of sugar, one tablespoonful of butter, and one cupful of medium-thick white sauce. Place the spinach in a buttered glass baking-dish, cover the



top with three hard-cooked eggs sliced or quartered, and pour over all one cupful of medium-thick white sauce. Sprinkle the top with one-half cupful of grated cheese and bake at 500°F. for twelve minutes.

### Vegetable Luncheon Dish

To one pint of freshly boiled spinach arranged on a platter and seasoned with one tablespoonful of hot salted vinegar, or butter, salt, and pepper, if preferred add surrounding the spinach, one and one-half cupful creamed onions, surrounding this in turn with two cupfuls thick stewed tomatoes. Garnish, if desired, with hard-cooked eggs.

### CABBAGE

#### Cabbage Curry

1 onion, minced	2 cupfuls cold boiled cabbage
1 tomato, fresh, or canned	2 teaspoonfuls curry powder
2 tablespoonful butter, fat or oil	1 cupful water, stock, or gravy
2 teaspoonfuls salt	1 tablespoonful flour

Brown the onion in the fat and add the curry powder mixed to a paste with a little water. Fry together a few moments, then turn into a saucepan, and mix with the tomato, cut up, chopped cabbage, and water or stock, and salt. Simmer slowly for at least an hour, until the liquid is all absorbed. Just before serving thicken with the flour stirred into a paste with a little water. Serve with plain boiled rice, and garnish with slices of lemon.

#### Cabbage with Cheese

1 small cabbage	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls butter	$1\frac{1}{2}$ cupfuls milk
fat or oil	4 tablespoonfuls grated American cheese
2 tablespoonfuls flour	$\frac{1}{8}$ teaspoonful pepper

Shred the cabbage, put it into salted water, and at the end of ten minutes drain. Cover with salted boiling water, and cook until tender. Drain, and leave in a heated colander at the side of the range while you prepare a white sauce by cooking together the fat, flour, salt and pepper. Then pour over it gradually the milk. Cook until of the consistency of thick cream; now add to the sauce the grated cheese and beat hard. Place the cabbage in a hot vegetable dish, pour the sauce over it, and serve immediately.

#### Cabbage with Tomato Sauce

$1\frac{1}{2}$ pound cabbage	1 cupful canned tomato puree
1 cupful vegetable water or rice water	2 tablespoonfuls flour

Shred the cabbage and crisp in cold water for an hour. Cook twenty minutes in boiling salted water, keeping the water boiling vigorously, and the kettle uncovered. Drain and add the tomato sauce. Cook in a double-boiler ten minutes. The sauce is made in the following manner; make a paste of the flour and a small amount of vegetable water; then add to the tomato puree, and remaining vegetable water, which have been heated. Cook until smooth.

## ONIONS

### Baked Onions

12 good sized onions	2 teaspoonfuls honey or brown sugar
1 tablespoon butter, fat or oil	1 teaspoonful salt
1/8 teaspoonful paprika	Toast strips
	parsley

Peel the onions, cut in halves crosswise, and place in a greased casserole; add the seasonings, honey and fat, and bake one and one-half hours in a 400°F. oven. Serve with strips of hot, buttered toast to absorb any gravy, and garnish with parsley dipped in vinegar. Enough to serve four.

### Onions Au Gratin

12 medium-sized onions	salt
1 cupful American cheese	pepper
Stock or hot water	1/4 cupful melted butter, fat or oil

Boil the onions, till partly tender, and then remove the centers with an apple corer. Fill the cavities with the cheese, and place onions in a baking dish; sprinkle them with salt, pepper, and fat. Barely cover the bottom of the baking-dish with the stock or water, and bake at 375°F. for forty minutes, removing the cover the last five minutes.

### Scalloped Onions and Peas

8 small onions or 3 large onions	3 tablespoonfuls butter, fat or oil
1 cupful dry bread crumbs	1 1/2 cupfuls peas
1/2 teaspoonful salt	1 cupful milk or thin cream
1/2 teaspoonful sugar	

Cook the small onions whole or the large ones quartered in boiling salted water until tender. Drain and place half of them in a greased baking-dish, dot with one tablespoonful of the fat, and sprinkle over them one-fourth cupful of the bread crumbs, which have been slightly browned in one tablespoonful of fat. Add a layer of the peas, which have been seasoned with the salt, sugar and remaining tablespoonful of fat; then add another layer of the onions, and cover all with the remaining bread crumbs. Pour over all the milk or thin cream, and bake at 500°F. for twelve minutes. Tomato sauce may be used instead of milk.

## CAULIFLOWER

### Cauliflower in Cream Sauce

1 head cauliflower	1/2 cupful grated cheese
1 1/2 tablespoonfuls butter, fat or oil	1 1/2 tablespoonfuls flour
1 1/2 cupfuls milk	1/2 teaspoonful salt

Trim off the leaves of the cauliflower and let it soak in cold, salted water for one-half hour. Drain. Cover with boiling, salted water, using one teaspoonful of salt for each quart of water, and cook until tender; then drain and separate into small sections. Make a cream sauce as follows: melt the fat in the top part of a double-boiler; add the flour and salt, and when well blended, add the milk slowly. Cook until the sauce thickens. Place the cauliflower in a baking dish, cover with the cream sauce, and then sprinkle the cheese over the top. Bake at 350°F. until the cheese is brown.



### Cauliflower in Fluffy Sauce

1 head cauliflower

Hollandaise sauce

Cream

Cook a whole cauliflower until tender in boiling, salted water. Place on a hot serving-dish, and pour the following sauce around it: make a Hollandaise Sauce by any preferred rule, and to each cupful allow one-half cupful of cream, whipped until very stiff. Beat together until well blended and fluffy; Serve at once.

### Celery in Brown Sauce

1 quart chopped celery

1 tablespoonful butter,  
fat or oil

1 tablespoonful flour

1 teaspoonful catchup

1 cupful strong stock

Dash cayenne pepper

Cut the crisp celery into two-inch pieces, and cook in boiling salted water for twenty minutes. Melt the fat in a saucepan, add the flour, and cook together until brown. Add gradually the stock, stirring until thickened and smooth. If the stock is not previously seasoned, add about one-half teaspoonful of salt and one-eighth teaspoonful of pepper. Then add the catchup and the cayenne pepper. Drain the celery, add it to the sauce, and stew gently about twenty minutes or until the celery is tender, stirring occasionally. Serve

### Celery in Cream

1 quart diced celery

1 cupful thin cream

1 tablespoon butter

$\frac{1}{2}$  teaspoonful salt

$\frac{1}{8}$  teaspoonful pepper

$\frac{1}{8}$  teaspoonful nutmeg

Cook the celery in boiling salted water until tender. Meanwhile thoroughly heat the cream to which the butter and seasonings have been added. Drain the cooked celery and pour the hot cream over it in the serving dish.

### Celery Stack

Clean nice tender stalks of celery, not too large; fill the cavity in stalks with cheese mixed with butter and sprinkled with paprika.

### STRING BEANS

#### French String Beans

String beans

1 tablespoonful chopped  
parsley

1 tablespoonful chopped  
onion

1 cupful highly seasoned  
tomato sauce or stewed  
tomato

3 tablespoonfuls butter,  
fat or oil

Shred or cut the string beans fine, cook until tender in boiling salted water, put into a casserole with the other ingredients, cover, and bake at 350° F. for forty-five minutes, stirring occasionally.

#### Shredded String Beans

1 pound string beans

2 quarts boiling water

1 teaspoonful salt

1 teaspoonful sugar

$\frac{1}{4}$  teaspoonful soda

2 tablespoonfuls butter,  
fat or oil

$\frac{1}{2}$  cupful tomato sauce

1 tablespoonful minced onion

Remove the tops, tails, and strings, if there are any, from the beans, and cut them in fine slivers with a bean shredder. If you have not this, lay each bean on a board, and with a sharp knife, shred in thin, lengthwise slices, slanting the cuts so that the pieces are about two inches long. In a kettle put the boiling water, salt, sugar, and soda, let boil up, add the prepared beans, and boil rapidly uncovered about forty-five minutes or until tender. Drain and add the remaining ingredients. Let all simmer about five minutes, and serve on a hot platter with a ring of small boiled onions around it.

#### Spanish String Beans

4 tablespoonfuls butter, fat or oil	1 tablespoonful flour
2 large onions	1 chili pepper
2 tomatoes	2 pounds green string beans
	2 teaspoonfuls salt

Cook onions, tomatoes, chili pepper, and fat together until well done and golden brown, having the vegetables sliced thinly. Then brown the flour, add hot water, beans and salt, and cook one and one-half hours.

#### String Beans with Sour Dressing

1 quart string-beans	1 canned pimiento
$\frac{1}{2}$ cupful cream	2 tablespoonfuls vinegar
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{8}$ teaspoonful pepper
	$\frac{1}{8}$ teaspoonful paprika

String the beans, cut them in halves crosswise, and slit them once lengthwise. Cook in boiling salted water until tender, but not too soft. Drain, rinse with cold water, crisp slightly and chill. Shred the pimiento and mix it with the beans. Then dress with the cream beaten with the vinegar, to which the seasonings have been added. This may be served either hot or cold.

#### Spring Succotash

Put one pint of canned tomatoes in a saucepan. Add one-half a medium-sized onion minced fine, one clove, one tablespoonful of sugar, one teaspoonful of salt, and one-half teaspoonful of pepper. Cook fifteen minutes, stirring frequently. Then add one pint jar each of canned lima beans and corn. Simmer ten minutes longer, add one tablespoonful of butter or margarin, and serve. To vary, pour the prepared and seasoned combination into a buttered glass baking-dish, cover with grated cheese, or crumbs and butter, and bake at 500°F. for twelve minutes. Arrange long, crisp strips of cooked bacon in a lattice, or radiating from the center over the top, as a main dish for luncheon or supper.

#### ASPARAGUS

##### Asparagus Parfait

1 bunch asparagus	1 pint shelled peas
1 green or red sweet pepper	Toast points
4 eggs	1 teaspoonful salt
	1 pint Golden sauce

Cut the asparagus, after removing the tough portions, into inch lengths and cook until tender. Also cook the peas and hard cook the eggs, which should then be sliced. Combine lightly the asparagus and peas and season with



salt. Place on a hot platter, and pour over the Golden Sauce, made while the vegetables are cooking. Garnish with the hard-cooked eggs and small toast points, on each of which place a narrow strip of red or green sweet pepper, radiating outward. To make the Golden Sauce, melt in a saucepan two tablespoonfuls of butter, add two tablespoonfuls of flour, and cook together until bubbling. Add gradually one pint of milk. Cook until smooth and thick; then season with one and one-half teaspoonful of salt, one-fourth teaspoonful of pepper, and a dash of cayenne pepper. Remove from the stove and add the well-beaten yolk of an egg, stirring rapidly.

#### Scalloped Asparagus

1 bunch asparagus	Few drops onion juice
1 cupful fine bread	2 tablespoonfuls butter,
crumbs	fat or oil
$\frac{1}{2}$ cupful thin cream	1 teaspoonful salt
$\frac{1}{8}$ teaspoonful pepper	

Clean the asparagus, cut into short lengths, barely cover with boiling water, and cook slowly until tender. Drain and save the liquor. Melt the butter and pour over the bread crumbs. Arrange the asparagus and the bread crumbs in alternate layers in a greased baking dish; sprinkle with salt and pepper and the onion juice. Cover the top layer with crumbs. Add the cream to the asparagus liquor, heat to the boiling-point, then pour over the asparagus mixture. Bake at 500° F. for fifteen minutes.

#### Asparagus and Eggs Piquant

Melt three tablespoonfuls of butter or margarin and add three tablespoonfuls flour. Cook together until bubbling and add gradually while stirring constantly three cupfuls of cold milk. Cook until well blended and smooth. Then season with one and one-half teaspoonfuls of salt, one-fourth teaspoonful of pepper, a few grains of cayenne pepper, and in this sauce melt one cupful of diced Young American cheese. Stir and cook, using a double boiler until thickened sufficiently and perfectly smooth. Add one-half cupful of thin cream, if possible. Hard-cook six eggs, and slice lengthwise, and cook until tender a bunch of asparagus cut in inch pieces after removing the tough portions. Combine the eggs and asparagus very lightly - do not stir, or they will become mushy--with the cheese sauce and serve on slices of buttered toast.

#### ROOTS

After the tomatoes, and leafy vegetables have been supplied round out the rest of the vegetable requirements with this group, and other vegetables.

#### CARROTS

##### Carrots a la Printemps

1 cupful carrot strips	1 cupful turnip cubes
Chopped parsley	3 tablespoonfuls butter,
2 tablespoonfuls flour	fat or oil
1 cupful milk	$\frac{1}{2}$ tablespoonful lemon juice
$\frac{1}{3}$ teaspoonful salt	1 teaspoonful beef extract
Dash pepper	

Steam the carrots and turnips until tender, and cover with the following sauce: Melt the fat, add the flour, salt, pepper, and cook until bubbling, and add milk slowly. Stir constantly until it boils. Add the lemon juice and beef extract; sprinkle the whole with chopped parsley and serve.

### Carrots and Peas, Giverny Style

1 can peas	2 cupfuls cooked, diced carrots
1 teaspoonful salt	1/8 teaspoonful pepper
1/8 teaspoonful mace	2 tablespoonfuls butter

★ Drain and rinse the peas and mix with the carrots, which have been diced the size of peas. Add the salt, pepper, mace, and butter. Serve very hot.

### Carrot Savory

1 quart thinly sliced winter carrots	1 teaspoonful salt
1 teaspoonful sugar	2 onions
3 tablespoonfuls butter, fat or oil	4 tablespoonfuls flour
2 cupfuls stock	1/4 teaspoonful paprika
Dash cayenne	1 teaspoonful lemon-juice
	Buttered toast strips

Cook the coar.

Cook the carrots until tender in boiling water to which have been added the salt and sugar. Chop the onions very fine, and saute in the fat until a light brown. Stir in the flour, cook until well blended, and then add slowly the stock or the same amount of water in which two or three bouillon cubes have been dissolved. Then add the seasonings, let boil up, stirring continually, and pour over the carrots, which have been drained, and laid on the strips of buttered toast in a serving dish and serve all very hot.

### Carrots with Butter Sauce

3 cupfuls diced carrots	3 tablespoonfuls butter
2 1/2 cupfuls boiling water	1 teaspoonful sugar
1 1/2 teaspoonfuls salt	Few grains pepper
2 tablespoonfuls flour	

Saute the carrots in butter until slightly softened, add the flour, seasonings, and water. Bring to a boil, cover, and simmer gently till carrots are tender.

### Creamed Carrots and Onions

1 large bunch carrots	2 tablespoonfuls butter
2 medium-sized onions	fat or oil
1 cupful milk	2 tablespoonfuls flour
1/2 teaspoonful salt	1/8 teaspoonful pepper

★ Wash, scrape, and cut the carrots into small pieces; slice the onions, and boil together until tender in boiling salted water. Make a white sauce by cooking together the fat, flour, and seasonings, and then adding the milk, Drain the carrots and onions and stir in the cream sauce. Serve hot.

### Baked Carrots with Bacon

★ Place carrots in baking dish or roaster, with small amount of water in bottom of dish. Bake for 1/2 hour or 3/4 of an hour in a hot oven. Then put strips of bacon over top of carrots and bake till bacon is done.



## PARSNIPS

### Baked Parsnips

Cooked parsnips  
Brown sugar

Salt  
Butter, fat or oil

Slice the top part of the cooked parsnip into three-fourth inch slices, or split the whole parsnip down the center, and cut in two-inch layers. Lay in a greased baking pan close together. Sprinkle with salt, brown sugar, and bits of the fat, allowing one teaspoonful of salt, and one tablespoonful each of brown sugar and fat to each cupful of the parsnips. Brown in a 500°F. oven, basting with the melted sirup which will appear, about twelve minutes.

### Parsnip Croquettes

4 medium sized parsnips  
 $1\frac{1}{2}$  teaspoonfuls salt  
 $\frac{1}{4}$  teaspoonful paprika  
Bread crumbs

1 tablespoonful butter  
 $\frac{1}{4}$  teaspoonful pepper  
1 egg  
Beaten egg

Wash and pare the parsnips and cook them until they are tender in slightly salted, boiling water, to which a little lemon-juice has been added. Drain, and mash them thoroughly. Then add the butter, salt, pepper, and paprika, and one egg, beaten thoroughly. Stir the parsnip mixture over the fire until it is of a creamy consistency, and then spread it on a platter to cool. When cold, form into cakes or croquettes, dip in fine dried bread-crumbs, then in beaten egg, and then in crumbs again. Fry until a golden brown in deep fat at 390°F. Serve with sprigs of fried parsley and chili sauce, or garnish as preferred.

### Savory Parsnips

6 medium-sized parsnips  
 $\frac{1}{4}$  cupful water  
 $\frac{1}{2}$  teaspoonful salt

1 pound sausage meat  
Flour

Wash parsnips thoroughly, and boil in salted water until tender; drain, wipe dry, and peel. Cut in two lengthwise, or leave whole, as desired. Surround each with a coating of sausage meat, roll in flour, arrange in a flat dish, pour the water in the dish, sprinkle with salt (the amount used depending somewhat on the flavor of the meat. Bake twenty minutes in a 425°F. oven. Garnish with parsley.

## TURNIPS

### Creamed Turnips and Onions

12 small white onions  
6 medium-sized white  
turnips  
3 tablespoonfuls butter,  
fat or oil  
 $\frac{1}{4}$  cupful vegetable  
liquor

3 tablespoonfuls flour  
 $1\frac{1}{4}$  teaspoonfuls salt  
 $1/8$  teaspoonful pepper  
 $1\frac{1}{4}$  cupfuls milk  
Minced parsley  
Paprika or grated  
cheese

Skin the onions and pare and dice the turnips. Place both together in a saucepan and cover with cold water. Bring quickly to the boiling-point and boil for five minutes. Drain and cover with boiling water and add one teaspoonful of salt. Cook until vegetables are tender. Drain, saving one-fourth cupful of the

liquor. Melt the fat in a saucepan; add the flour, pepper, and the rest of the salt. Cook until bubbling, then add gradually the milk and the vegetable liquor, stirring constantly. Cook until thickened. Place the diced turnips in a serving dish; make a hollow in the center in which place the onions. Pour the white sauce over all and sprinkle the turnips with minced parsley and the onions with paprika or grated cheese. Green onions may be used in their season.

#### Perfection Turnips

1 quart diced turnips                      2 tablespoonfuls butter  
1½ cups highly seasoned white sauce

Use fine-grained, mild flavored turnips, and cook until tender in boiling salted water. Drain carefully, and add the butter; let stand on the back of the stove until the butter is absorbed. Just before serving, pour over them the white sauce. Combine carefully and serve very hot. These turnips will have an unusual flavor on account of stewing them in butter.

#### Turnips Cups with Peas

Turnips	Peas
Onions	Melted butter
Pepper	Salt
Paprika	

Select turnips of small, regular size, and pare them evenly. Boil them until tender; then scoop them out, making deep cups. Chop the portion removed, and add to it fresh or canned peas, cooked with a bit of onion, drained and dressed with melted butter, pepper, salt, and paprika. Drop a bit of butter into each turnip cup and reheat them. Then fill with peas. The cups may be filled with peas alone and the scooped out turnip used at another meal, if desired. Or they may be filled with carrots, diced, boiled, and mixed with white sauce, and garnished with a ring of finely chopped parsley. Beet cups filled with peas or tiny lima beans are prepared in the same way as the Turnip Cups. Sometimes when the vegetables may be had in very small size, an attractive dish may be made by alternating beet and turnip cups on a round chop platter, filling the turnips with creamed carrots, and the beets with peas.

#### Stewed Yellow Turnips

Slice a yellow turnip, pare and cut in dice. Boil until tender, salting the last half of the time with 1½ ts. salt. Drain, put in a saucepan, and to each quart of diced turnips add one tablespoonful of butter, ¼ ts. each of salt, sugar and paprika and a dash of cayenne pepper. Shake over 1 tb. of flour, stir carefully, and add ¼ c. of hot cream. Stir again and simmer for 5 minutes, shaking occasionally to prevent its adhering to the pan. Turn into a hot vegetable dish and serve at once.

#### KOHLRABI

##### Kohlrabi

4 bunches young heads kohlrabi	1 tablespoonful butter, fat or oil
1 cupful stock	1 tablespoonful flour
1/8 teaspoonful pepper	



Peel kohlrabi, slice, and set to cook in cold water, to which a little salt has been added--a teaspoonful to a quart is the right proportion. Boil uncovered till tender. If the leaves are very young, the tender portions may be boiled separately in salted water, and then chopped fine. The kohlrabi should be mashed, the leaves added, and then thickened with the fat and flour blended together. Turn in the stock and allow the mixture to boil five minutes. Season with pepper.

#### Kohlrabi with Golden Sauce

2 cupfuls kohlrabi	1 cupful well-seasoned
1 egg-yolk	white sauce
1 tablespoonful butter	

Pare, dice, and cook the kohlrabi in boiling, salted water until tender. Drain, add the butter, stir until absorbed, and serve with the following sauce: Prepare the white sauce, to which add the beaten egg-yolk before taking from the fire. Pour over the kohlrabi and serve at once.

#### BEETS

##### Beets a la King

5 medium-sized beets	1 tablespoonful butter,
1 tablespoonful flour	fat or oil
3 tablespoonfuls vinegar	1 cupful cold water
$\frac{1}{2}$ teaspoonful sugar	3 tablespoonfuls cream
$\frac{1}{8}$ teaspoonful pepper	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{8}$ teaspoonful paprika	

Wash and boil the beets until tender; then drop into cold water, and slip the skins from them. Cut the beets into thin slices, or fancy shapes. Melt the fat, add the flour, and salt, and cook until bubbling. Then add the cold water and stir until smooth. Add the vinegar and remove from the fire. Then stir in the cream, pepper, sugar, and paprika. Pour over the beets and serve hot.

##### Baked New Beets

18 new beets	Salt
Butter	Pepper

Wash and scrub the beets, cut off the stem ends, and place in a pan containing a little hot water to keep them from sticking, and bake until tender in a 400°F. oven for forty-five minutes to one hour. Cool, remove skins, and serve seasoned with butter, salt and pepper.

##### Savory Beets

12 to 14 small beets	2 tablespoonfuls flour
2 tablespoonfuls butter	1 teaspoonful salt
fat or oil	1 tablespoonful butter
1 cupful milk	1 tablespoonful lemon-
1 onion	juice
$\frac{1}{4}$ teaspoonful pepper	

Boil small beets until tender, slip off the skins, and just before serving, pour over them the following sauce: Fry the onion, finely minced, in the two tablespoonfuls of fat, stir in the flour, and add the milk, stir until smooth and thick, add the salt and pepper, and last stir in very carefully the tablespoonful of butter and lemon-juice worked together.

### Vegetable Peonies

6 beets	3 tablespoonfuls butter
$\frac{1}{2}$ teaspoonful salt	fat or oil
1 teaspoonful sugar	1 tablespoonful vinegar
2 cupfuls carrots	

Select medium and uniform-sized beets, and cook until tender. Slip off the skins, hollow out to form cups, and with a sharp knife cut out Vs so as to leave the rest in petals. Brush the hollowed out beets with the melted butter, to which the salt, vinegar, and sugar have been added. Then fill the cups with buttered and highly seasoned cooked, diced carrots. Place in a 425°F. oven to heat thoroughly and serve.

### PEAS

#### Peas and Onions

New peas	2 tablespoonfuls butter
Tiny onions	or 3 or 4 tablespoon-
$\frac{1}{4}$ teaspoonful sugar	fuls very thick cream

Cook new peas and tiny onions separately in boiling, salted water; drain, and combine. For two cupfuls of the vegetables, combined in any proportion desired, melt the butter in a saucepan; add the vegetables, shake lightly until well buttered and very hot; add the sugar. Instead of the butter, very thick cream may be used.

#### Peas in French Style

2 quarts green peas	$\frac{1}{4}$ white onion, chopped
4 tablespoonfuls butter,	$\frac{1}{2}$ teaspoonful chopped parsley
fat or oil	$\frac{1}{4}$ cupful boiling water
1 tablespoonful flour	2 teaspoonfuls salt
1 teaspoonful sugar	

Shell the peas. Melt the fat over a moderate heat, add the salt and sugar, and then the peas. Cook slowly until the skin of the peas begins to wrinkle. While cooking, shake the pan frequently, but do not stir the peas with a fork or spoon. When sufficiently cooked, dredge with the flour, and shake the pan until the fat and flour are blended. Then add the onion, parsley, and the boiling water. Cook until the peas are tender.

#### Peas with Carrots Glace

2 cupfuls cooked carrots	2 tablespoonfuls sugar
1 tablespoonful chopped	2 tablespoonfuls butter,
mint or parsley	fat or oil
1 pint canned peas	1 cupful well-seasoned
	white sauce

Either canned or fresh carrots may be used. If fresh carrots are used, scrape and slice them in one-quarter inch slices. Cook until nearly tender in boiling, salted water, and drain. Put the cooked carrots in a saucepan with the fat and sugar; simmer uncovered, stirring occasionally until glazed. Add the chopped mint or parsley; mint gives a delicious flavor to the carrots. Meanwhile drain the canned peas, and heat in the white sauce. Place the peas in the center of a shallow serving dish, and surround them with a ring of overlapping slices of the glazed carrots. Two or three eggs, which have been hard-cooked and coarsely diced or sliced, may be combined with the creamed peas.



## SQUASH

### Baked Squash

1 squash	$\frac{1}{2}$ cupful hot water
salt	pepper
brown sugar	butter

A good squash is at its best when baked, and this is probably the easiest way of cooking it. Cut it crosswise, remove the fiber and seeds, scrape the cavity thoroughly, and place it cut side down on a rack in a dripping pan with the hot water. Bake at least two hours in a 400°F. oven, replenishing the water if necessary. If the squash is too moist, remove it from the pan when done, pour off any excess liquid, return the squash to the pan placing it cut side up, and dry it off for ten minutes in the oven. At this stage, the squash may be sprinkled with salt, pepper, and brown sugar, and dotted over with butter. Let brown in a 500°F. oven. Honey may be used in place of the brown sugar for variety, or the squash, after being baked until soft, may be scraped from the shell, mashed with a fork, and seasoned with salt, pepper, and just a trace of mace. Also add a little sweet cream or butter. The addition of grated cheese gives another variation which is well liked by some.

### Squash Porcupine

1 Hubbard squash	Salt
Sugar	Ginger
Butter	Cream

Select a fine Hubbard squash and steam--not boil--a part of it until soft. With a stiff spoon, scrape out every particle of the soft part, leaving a dry and thin shell. The part nearest the skin is always dryer and sweeter. Put in a hot bowl and mash until smooth. To a quart of the squash, add one and one-half teaspoonfuls of salt, one teaspoonful of sugar, one-fourth teaspoonful of ginger, and two tablespoonfuls of cream; beat again and pile in a hot greased baking-dish. Rice the cupful reserved over the top. Place in a 500°F. oven until the tips begin to brown, and serve.

### Summer Squash and Onions

2 summer squash, diced	2 tablespoonfuls butter, fat or oil
1 cupful minced white onion	2 teaspoonfuls salt
	Paprika
$\frac{1}{2}$ teaspoonful pepper	

Wash the squash and remove the seeds. When diced, the squash should measure two quarts. Melt the fat in a stewing kettle, add the onion, and cook until the onion is a light brown color. Then add the squash, salt, and pepper. Cover the kettle and allow the mixture to cook over a low flame, without stirring, for ten minutes. Then continue cooking for thirty minutes, stirring frequently during this period to keep the squash from burning. Sprinkle the squash with paprika when ready to serve.

## VEGETABLE COMBINATIONS

### Harlequin of Early Vegetables

New peas	Mashed potatoes
Beets	Tiny onions
1 or 2 dozen stalks asparagus	New carrots
Pepper	Salt
Parsley	Melted butter

Dice the carrots the size of peas; cook the vegetables in boiling salted water, using as little water as possible, and letting it boil away toward the end of the cooking. When all are done, skin and dice the beets finely. Arrange the stalks of asparagus in a cross on a flat platter or chop plate, and place each vegetable, after seasoning well with salt, pepper, and melted butter in a quarter division formed by the asparagus. Place in the center a rosette of mashed potato, topped by a sprig of parsley. Four French chops may be used for the dividing line, if wished, making an attractive one-piece meal.

### Mixed vegetable, Swedish Style

6 medium sized tomatoes	3 cold boiled potatoes
2 small cooked beets	1 cupful cooked lima
1 head lettuce or endive	peas or lima beans
Boiled salad dressing	2 hard-cooked eggs

Scald, skin, and chill the tomatoes; wash the lettuce, and slice the potatoes and beets. Cut the eggs in halves crosswise, and press the yolks through a sieve. Slice the whites in delicate rings. Arrange the lettuce or endive on the platter; place the tomatoes, sliced, in the center, and cover with a layer of boiled salad dressing. Over the tomatoes, but not concealing them entirely, place a layer of sliced potatoes, each dipped in the dressing. The beet slices come next, then the peas or beans, mixed with a little of the dressing. Over the whole, sprinkle the sifted egg-yolk, and garnish the lettuce or endive around the edge of the dish with the rings of egg-white.

### Chicken with Vegetables

Select a six-pound chicken or fowl cut into neat pieces. Dredge with well-seasoned flour and saute in fat or drippings until well browned on both sides. Lay in a deep casserole and place around it one dozen small onions which have been peeled, three stalks of celery cut into inch pieces, and two medium-sized carrots sliced. Sprinkle all with one teaspoonful of salt and then pour three cupfuls of strained tomatoes over the top. Dot the surface with one tablespoonful of butter, cover tightly, and cook in a 250°F. oven until the chicken and vegetables are tender, the time required being from two and one-half to three hours. Serve with boiled rice.

### Combination Salad

1 c. cold boiled cubed potatoes	1 c. cold canned peas
1 c. cold boiled cubed carrots	$\frac{1}{4}$ c. vinegar diluted with 2 tbsp. water

Mix the potatoes, carrots and peas and carefully blend with the diluted vinegar. Let stand one hour. Arrange on lettuce leaves and serve with French Dressing.

### REFERENCES FOR RECIPES AND MENUS:

Meals that Satisfy, Extension Circular No. 177

For Vigorous Health-Fruits and Vegetables, Extension Circular No. 176

Preparation of Vegetables for the Table, Federal Bulletin No. 256



Tear off on this line and hang up in a convenient place for checking



# Food Habit Score Card



Credits		To score food habits of members of family							To score actual food selection for a week								
<b>Milk</b>	Children:	1 cup	5	3 cups	15												
		2 cups	10	4 cups	20												
	Adults:	1 cup	10	2 cups	20												
<b>Vegetables</b>	other than potatoes																
	Once a day	10		Twice a day	20												
	If greens or leafy vegetables are used at least twice a week add				10												
<b>Fruits</b>																	
	Once a day	10		Twice a day	20												
	If fresh fruits or canned tomatoes are used add				5												
<b>Cereals</b>	Whole grain, bread or breakfast cereals																
	1-3 used	5		1-2 or more used	10												
<b>Water</b>	Per day	4 glasses	10	6 glasses	15												
<b>TOTAL CREDITS</b>																	
<b>Deduct for</b>	Drinking tea or coffee:																
	Children				10												
	Adults				20												
	Going without breakfast				10												
	Sweets between meals				10												
	No bowel movement				15												
<b>TOTAL DEDUCTION</b>																	
<b>Total Score</b>																	

This score card does not cover a complete diet, but shows the user where he stands in relation to important food habits most neglected.  
(Complete diet includes also two servings from meat, poultry, fish, eggs; also fats and some sweets.)

Interpretation of score card: below 60, poor; 60-80, fair; 80-90, good; 90-100, very good.

## To check health for comparison with Food Habits

Check the ones that apply to different members of the family.	Members of family					
Is 10% underweight						
Is 15% overweight						
Is subject to colds						
Is subject to headaches						
Is subject to constipation						
Is subject to indigestion						
Is complexion good or bad, (good color, free from pimples)						
Is poor appetite frequent						
Is restless sleep frequent						
Is posture erect or poor						
Is subject to irritable disposition						
Is subject to laziness						

If improvements in diet are made recheck the above frequently to see if there is any improvement.